

ADELKA POLAK

Mixed Media Performing Artist
Movement Director

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Objective:

To encourage and develop movement techniques & skills among students, directors and designers in order to create holistically integrated performances where visual elements and performers become one through collaboration.

EDUCATION / TRAINING

B.A. in Theatre & Cultural Studies with honors Magna Cum Laude, Chatham University 2002

Instructors: **Performing Art/Environmental Sculpture** - Michael Pestel (Wesleyan University Senior Scholar); **Butoh/Modern Dance**- Kudo Taketeru (former member of Sankai Juku), Batsheva Dance (Tel Aviv), Tamar Rogoff (NYC), Joan Wagman (Pittsburgh), Britta Schoenbrun (Berlin); **Clowning** - Rick Kemp (Pittsburgh)

ARTIST RESIDENCIES

Ridgefield Guild of Artists 2011-present
Mattress Factory & National Aviary, Pittsburgh, PA 2011
Cold Comfort Farm, Sherman, CT 2010
Ix Chel Farm, San Ignacio, Belize 2007

DANCE & THEATRE MOVEMENT PEDAGOGY

Performance Techniques course, Adjunct Instructor, Western Connecticut State University 2012
Guest Artist & Improvisation/Contemporary Instructor, Ridgefield Conservatory of Dance 2012-present
Organic Dance - developing natural movement techniques for local community, Open Level, JCC 2012-present
Expressive Arts Therapy, Sunrise Group, Kennedy Center, Inc. - working with disabled community 2011-present
Open Spaces Dance, various sites in CT - series funded by Puffin Foundation and local farmers 2011
Dance & Stretch, Harmony Yoga & Dance, New Milford, CT 2010-2011
Private Movement Lessons, Graceful Planet, Sandy Hook, CT 2010-2011
The Moving Body, New Centre for the Arts, Brookfield, CT 2007
Shakespeare: Walk the Walk, Cornwall, CT 2006
Stage Movement Workshops, Kent, CT 2005
-focused on posture, stage presence, body centering, balance, & breath
-incorporated modern dance technique, yoga, Butoh, clowning & movement improvisation
Creative Movement & Puppetry, Resident Storyteller, Kent Children's Center 2004-2006

Mask & Movement Workshops co-taught with Larry Hunt's MASQUE THEATRE 2008-present
Kaohsiung, Taiwan,
Cultural Center, Izmir, Turkey
Aeroe Island, Denmark
MidAtlantic Puppet Festival 2008, University of Maryland

INTERNATIONAL & NATIONAL TOURING - Puppetry, Mask, Clowning

MASQUE THEATRE shows: *Blues, Blues & This World, The Next, and Then the Peach Orchard*
-Choreographed "Blues, Blues" & new vignette-style theatre pieces to be added to company's 30 year repertoire. 2008-present
Children's Art Education Festival, Kaohsiung, Taiwan
Izmir Kukla Gunleri, Izmir, Turkey
Housatonic Valley Community College, Bridgeport, CT
Golden Dolphin International Puppet Festival, Varna, Bulgaria
Woodhall School, Bethlehem, CT
Rumsey School, Washington, CT
Puppets in the Green Mountains Festival, Brattleboro, VT
Hartbeat Ensemble Performance Space, Hartford, CT
World Festival of Puppet Art, Prague, Czech Republic

New Milford Theatreworks, New Milford, CT
SolarOne Dance Series, East River, outdoor stage, NYC
“PIERROT” 2009, 6th International Puppet Theatre Festival for Adults, Stara Zagora, Bulgaria
Quest Program, West Hartford Public Schools
1st International Maskfestival, Aeroe Island, Denmark
CT Storytelling Festival 2009, Connecticut College
Puppeteers of America Mid-Atlantic Festival 2008

Squonk Opera's Inferno, Principal Puppeteer 2002-2004

-developed and performed Cerberus puppet with 3 projected faces; worked under Movement Direction of Rick Kemp, Clown
Stanford University, Palo Alto, CA
Clarice Smith PAC, University of Maryland
George Mason University, Fairfax, VA
The McAnanich Artis Center, Glen Ellyn, IL
Bulter Community College, Bulter, PA
Scranton Cultural Center, Scranton, PA
Weinberg Center, Frederick, MD
Humbolt University, Arcadia, CA

Squonk Opera's *BigSmorgasbordwunderwerk* (previously on Broadway) 2002-2004

-performed Maitre D' role & body double; touring Stage Manager; adapted original Broadway choreography for new musicians
Edinburgh Fringe Festival 2003
John Drew Theater, East Hampton, NY
Three River Arts Festival, Pittsburgh, PA
Connecticut College, New London, CT
Huntingdon Summer Arts Festival, Long Island, NY
Uijeongbu Music Theatre Festival, South Korea

VISUAL AND PERFORMING ARTS COLLABORATIONS

Ridgefield Symphony Orchestra's Spring Concert 2012

Choreographer & Movement Director, *Gloriana: The Courtly Dances*

-Ridgefield Guild of Artists collaboration with James Robey Dance and Sculptor Justin Perlman. Choreographed RCD Contemporary Dance Ensemble who used paper reliefs and fabric to create transforming visual images together as one moving group for Symphony concert. Assembled “moving visual compositions” using the dancers and their materials.

Birds & Butoh, Pittsburgh, PA, Mattress Factory & National Aviary 2011

-invited guest collaborator/performer & Kidbop workshop movement facilitator

Nature at Rest and Unrest: EE, White Silo Winery Raspberry Festival, in the fields 2011

-dance & music performance happening with live drawings among raspberry plants dedicated to our farmers.

Environmental Entanglement, various CT outdoor open spaces 2010

-Site-specific by 5 artists with Butoh dance, live drawings, grass puppets, and live sound. Puppets were made from cattails in pond and masks from birch tree bark at Cold Comfort Farm where opening performance was held.

Once There Was a Village, Czechoslovak-American Marionette Theatre, LaMaMa E.T.C. 2007

-involved in the development and performance of this work inspired by found object artist Yuri Kapralov & directed by Vit Horejs. A 400 year account of the history of the East Village and stories of immigrants.

- excerpts from *Once There Was a Village* performed at Lincoln Center Outdoors 2006/2007

Rodeo Smackdown, Squonk Opera, Byham Theatre, Pittsburgh, *Choreographer, Performer, SM* 2004

GH4, improvisational dance theater piece based on glass-making process, Pittsburgh Glass Center Art Gallery 2004

PUPPETRY & HEALTH EDUCATION

Concerned Citizens for Humanity, Our Community Puppet Theater, *Puppeteer*, Hartford, CT 2008

MIXED MEDIA PERFORMANCES short works

<i>LumberJill & the Many Heads We Wear</i> , Live Window Performance, First Night, Danbury, CT	2008
<i>The Enablers of the Fantastic Plastic Machine</i> , 18 foot parade puppet made from packaging materials	2008
<i>Save Your Nickels</i> original short Vaudeville-clown dance duet with plastic bags as puppets, DNA, NYC	2008
NYC Puppet Library, <i>Ting (an inept angel)</i> by Rolande Duprey, Grand Army Plaza Arch, Production Assistant	2006
<i>Audience</i> by Vaclav Havel, The Slaughterhouse Gallery & Studios, Pittsburgh, PA, Director & Vanek role	2004
<i>Vernisaz</i> , original Dance Theater trio with 1 video projector, Helios Arts, Pittsburgh, PA, Choreographer	2002

SOLO WORKS

2005-2008

<i>Grounded</i> , Independent mixed media dance theater solo, Rebound Dance & Film Festival, CT	
<i>In Between Everything Blue</i> , movement solo, Placencia Cultural Council event, Placencia, Belize	
<i>Anthropic Bathing</i> , solo with dance, video, installation, Sculpture Barn, New Fairfield, CT	
-45 minute solo piece with found objects, dance, video with installation. Site-specific piece for "Abstractions in Time & Space" exhibition at Gallery. Displays one potential interaction between nature, technology and the human body.	
<i>Anthropic Bathing</i> video premiered with live music, Stinger Cafe, Tokyo, Japan	
<i>From Mourning to Moonlight</i> , Digital Performance Institute, Gertrude Stein Repertory Theatre	
-original 10 minute solo piece adapted from full-length show based on Kafka's "The Metamorphosis," performed Gregor Samsa / Insect. Collaboration with video artist Zoë Woodworth. 3 video screens encased my small environment, becoming a carapace colored by moving media. Created effect of soloist getting lost in a crowd with 3 projections of people walking.	

MOVEMENT CONSULTANT

<i>Ecological Logic</i> , Purple Rock Productions, Movement Consultant, CT schools & theaters	2009
<i>Midsummer Night's Dream</i> , Ives Center Concert Park, Danbury, CT, Movement Consultant	2008
<i>Twelfth Night</i> , Movement Coach, Chatham University	2003
<i>Waiting for Godot</i> , Movement Coach, Chatham University	2002

TECHNICAL WORK EXPERIENCE

Western Connecticut State University's Theatre Arts Department University Assistant & Guest Artist	2008-present
RANDY CARFAGNO STUDIOS, NYC Costume, Prop, Puppet Fabricator Projects include: Disney's Tarzan on Broadway, Washington's Nationals Mascots, MACY's Thanksgiving Day Parade, Royal Caribbean Cruiselines	2006-2007

AWARDS

Puffin Grant recipient 2011	
Cultural Emmy Nomination for CPTV's "Spotlight on the Arts" by Ed Wierzbicki featuring Masque Theatre 2010	
"Award of Master Class for the Mask Play" from Pierrot Festival in Stara, Zagora, Bulgaria 2009	
Mikhail Stolarevsky Award 2002 - award to Chatham University student excelling in Fine & Performing Arts	
Sally Mercke Heym Study Abroad Award 2001 - Charles University, Prague, CZ	

PUBLICATIONS

Bulgaria UNIMA magazine "Kuklart" - published in Bulgarian translation in 2012 edition	
American Theater Magazine 2010 featured in "Puppet Encounters of a Bulgarian Kind" by Ed Wierzbicki	
Puppetry International - "40 under 40" featured puppeteer	

REVIEW

Squonk Opera's *Rodeo Smackdown* was hailed "their best show since *BigSmorgasbordwunderwerk* broke all the rules on Broadway"... "And it's an absolute joy watching the role of stage manager-choreographer Adelka Polak grow from muted stage hand to a central character with a bouyant face and elastic body movements." Pittsburgh Post Gazette (June 12, 2004)

Languages: English, Slovak